

# Menu Week of June 9th and June 16th

## Menu Week of June 9th

*Subscription Customers save 10% when ordering 7 or more meals per week. Order online by Tuesday at midnight for pickup beginning Friday. [www.redefinedfoodco.com](http://www.redefinedfoodco.com)*

### **Chili Crunch Salmon (GF)(DF) \$12.99**

509 calories, 16.3 fat, 253 sodium, 46.1 carb, 38.8 protein

LC 395 calories, 16.2 fat, 215 sodium, 17.9 carb, 38.5 protein

Ingredients: salmon, stir fry veggies, olive oil, brown rice, redefined food seasonings, house chili crunch

### **Turkey Enchilada Bowl (GF) \$11.99**

453 calories, 12.9 fat, 598 sodium, 41.5 carb, 26.8 protein

LC 351 calories, 12.7 fat, 569 sodium, 21.9 carb, 26.6 protein

Ingredients: ground turkey, white rice, peppers, onions, mushrooms, cheese, olive oil, redefined foods special seasonings and sauce

### **Mac n Cheese (VG) NOT GF \$8.25**

759 calories, 22.9 fat, 798 sodium, 98.5 carb, 36.8 protein

Ingredients: pasta, whole milk, cheddar cheese, olive oil, redefined foods special seasonings

### **Curried Red Lentil (GF)(DF)(VG)(V) \$11.99**

431 calories, 5.5 fat, 306 sodium, 71.2 carb, 21.6 protein

Ingredients: lentils, quinoa, curry, coconut milk, cane sugar, sweet potato, parsnips, yellow carrots, red onion, kale, gluten free soy sauce, onions, garlic, mushrooms, sesame seeds

### **Cilantro Lime Chicken (GF)(DF) \$11.99**

595 calories, 20.9 fat, 39.2 carb, 304 sodium, 42.3 protein

LC 418 calories, 20.7 fat, 19.6 carb, 294 sodium, 42.2 protein

Ingredients: chicken, cilantro, lime, rice, olive oil, black beans, corn, redefined food seasonings, cilantro crema

Ingredients Subject to Change. Please ask if you have allergies.

## Menu Week of June 16th

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### **Taco Bowl (GF) \$11.99**

Ingredients: ground turkey, rice, corn, black beans, salsa, shredded cheese  
548 calories, 8.6 fat, 215 sodium, 50.4 carb, 48.7 protein

### **Vegetable Pad Thai (GF)(V)(VG)(DF) \$11.25**

498 calories, 25.8 fat, 399 sodium, 60.4 carb, 12.5 protein  
Ingredients: rice noodles, edamame, scallion, zucchini, peppers, onions, carrots, peanuts, hemp seed, cane sugar, cilantro, redefined food special seasonings

### **Chicken Pad Thai (GF)(DF) \$11.99**

590 calories, 25.8 fat, 399 sodium, 60.4 carb, 52.5 protein  
Ingredients: rice noodles, chicken, edamame, scallion, zucchini, peppers, onions, carrots, peanuts, cane sugar, cilantro, redefined food special seasonings

### **Salisbury Steak \$11.99**

571 calories, 19.6 fat, 178 sodium, 34.2 carb, 44.5 protein  
LC 382, 19.4 fat, 165 sodium, 14.8 carb, 44.3 protein  
Ingredients: beef, potato, cream, olive oil, broccoli, corn starch, redefined food seasonings

### **Honey Sriracha Meatballs (DF) \$11.99**

589 calories, 11.2 fat, 185 sodium, 37.4 carb, 29 protein  
LC 396 10.9 fat, 165 sodium, 17.9 carb, 28.8 protein  
Ingredients: ground beef, brown rice, lime, cilantro, green beans, onion, redefined food special seasonings, eggs, soybeans, organic cane sugar, GF bread crumb, honey, sriracha, mayo

Ingredients Subject to Change. Please ask if you have allergies.

## Menu Week of June 23rd

### **Southwest Chicken (GF) \$11.99**

Ingredients: chicken, rice, olive oil, corn, shredded cheese, cane sugar, redefined food seasonings

### **Tofu Stir Fry (GF)(DF)(VG)(V) \$11.99**

**337 calories, 10.2 fat, 310 sodium, 45.4 carb, 13 protein**

Ingredients: tofu, quinoa, olive oil, broccoli, carrots, water chestnuts, red pepper, snap peas, garlic, cane sugar, ginger, gf soy sauce, redefined food seasonings

### **Buffalo Chicken Bowl (GF) \$11.99**

588 calories, 23.9 fat, 373 sodium, 3.3 sugar, 55.4 carb, 53.5 protein

Ingredients: chicken, broccoli, onions, garlic, buffalo sauce (hot sauce, butter, white vinegar, garlic powder), rice, scallion, cane sugar, redefined food seasonings

### **Cool Ranch Chicken (GF) \$11.99**

473 calories, 16.9 fat, 328 sodium, 41 carb, 51 protein

LC 351 calories, 16.7 fat, 309 sodium, 21 carb, 50.7 protein

Ingredients: chicken, olive oil, sour cream, dill, potato, broccoli, vinegar, redefined food seasonings

### **Sweet n Sour Shredded Pork with brown rice and veggies (GF)(DF)**

561 calories, 16.9 fat, 432 sodium, 56 carb, 48 protein

LC 379 calories, 16.6 fat, 332 sodium, 26 carb, 40 protein

Ingredients: pork, rice, olive oil, stir fry veggies, garlic, honey, cane sugar, redefined food seasonings

Ingredients Subject to Change. Please ask if you have allergies.